

I tried it myself

Space clearing

If your house doesn't feel like a **home**, it could be harbouring **negative energy** from your predecessors. Alice Rose decided to have her new house **cleared** as part of her bid to start a family



Perhaps it was the noise that made our nosiest neighbour look in. Staring through our window, she caught sight of a curious procession: me clanging Tibetan cymbals, my husband, James, striking a glockenspiel and both of us following a man in leather trousers ringing a bell. You may well ask – as our neighbour did – what on earth we were doing! The answer was space clearing. We were sweeping our home of negative energy to make space for our positive energy and wishes for the future.

We'd been trying for a baby...

... but the patter of tiny feet has yet to come. We'd given up alcohol and caffeine, started going to the gym and taken vitamin supplements until we rattled. Still no luck.

After buying a book on feng shui, we started to wonder if our new house could be a factor. The previous owner had been gravely ill, and the occupants before her had been childless, so it seemed worth a try to clear the house of any negative energy left by these occupants. And so we found

balanced our energy levels were. James passed the tests and was pronounced balanced and attuned to his masculine and feminine sides. But Chris found that my male energy – which relates to going forward, being proactive and dealing with conflict – was weak, and an area to work on.

Then it was the turn of our house...

... and we started by preparing offerings representing the four elements, as an appeal to the house spirits to help the space clearing process. We used water, flowers to represent earth, an incense stick for air and a candle for fire – placing an offering in each room.

Chris then scanned the energy in each room. We hadn't told Chris about our plans to start a family, and were fascinated by his first comment: 'I get a strong feeling that children aren't welcome here.' Exactly as we had feared. He also picked up energy that suggested arguments, unhappy times and problems with communication. He emphasised that this was nothing to do with us, but had been left by the previous owners, and reassured us that space clearing would make a big difference.

both,' he said. Spot on – James had bought the bed with his ex years ago. Chris said we should form our own bonds by buying a new bed together, rather than keeping one which had energy from another relationship.

Having scanned the energy...

... we walked clockwise around the house again, sweeping out the existing energy with our hands and clapping in every corner to break up any stuck energy. 'Corners are where you often get a build-up of rubbish, or negative energy, until it's moved out,' Chris told us. We also burned smudge – a traditional mixture of sage and sweetgrass – to aid the purification process.

Next came the music. We went clockwise around the house again, the vibrations of our instruments helping to drive out any last remnants of negative energy.

For the last step, James and I walked around together, shaking brass harmony balls, pausing in each room to concentrate on the intent and emotions we wanted to fill each area: warm, welcoming vibes for the hall; peaceful but creative intent for the bedroom. While we did this, Chris sprayed essential oils around the house that related to the four elements and corresponded with our intent for each room.

Would I recommend space clearing?

... Yes, without hesitation. A month later, we feel we're on the right track. We've got a new bed, stripped the dingy wallpaper from the hall and painted it a welcoming yellow, and decorated the new nursery. I'm also finally making the curtains that I've been putting off for the last year!

Chris made us think about the house and our plans for it, and how to prepare the way for our dreams to become reality. As for the patter of small feet? We'll let you know!

'I get a strong feeling that children aren't welcome here'

ourselves playing musical instruments with space clearer Chris Colgan.

Chris explained about space clearing...

... and how it allows people to move on with their lives. 'Situations we are stuck in suddenly seem to resolve themselves, and we are then able to find clarity in our lives,' he told us. Chris started by giving James and me an energy audit, checking how

However, the negative energy in the kitchen came from us as it's where we do most of our daily destressing as we cook. Chris suggested offloading our tensions at the front door, so that any negative energy was left outside the house.

Upstairs, to our bedroom...

... and Chris immediately sensed a problem with the bed. 'It doesn't belong to you

Find out more...

Contact ■ To make an appointment with Chris Colgan, call 07904 096091 or e-mail chris@spiritwarrior.co.uk

Website ■ www.spaceclearing.com for feng shui and space clearing expert Karen Kingston's advice and information.

Reading ■ *Creating Sacred Space With Feng Shui* by Karen Kingston (Piatkus, £9.99) ■ *Space Clearing A-Z* by Denise Linn (Hay House, £16.99) ■ *Space Clearing: How To Purify And Create Harmony In Your Home* by Denise Linn (Contemporary Books, £16.49).